



Martin Luther King Day

Born on January 15, 1929 in Atlanta, Georgia, Rev. Dr. Martin Luther King Jr. would become one the greatest social activists in the history of the modern world. Dr. King is remembered most for his calls of nonviolent civil

disobedience towards an American society that sought to squash the notion of civil liberty and equality. He was heavily influenced by the work Mohandas Ghandi's nonviolent liberation movement in India during the first half of the 20th century. After leading the Montgomery Bus Boycott in 1955, forming the Southern Christian Leadership Conference (SCLC) in 1957, and delivering his "I Have A Dream" speech during the March on Washington rally in 1963, he was awarded the Nobel Peace Prize in 1964 at just 35 years old. Dr. King was assassinated just four short years later on April 4, 1968 in Memphis, Tennessee. Martin Luther King Day was established as a United States federal holiday by Congress in 1983.

In 1994, Congress designated the King Holiday as a national day of service in addition to a national holiday. Martin Luther King Day is the only national holiday that shares this relationship. This year, communities all over the nation will come together to serve for the greater good.

At least two organizations in Carroll will be hosting day of service events. Saint Joseph's Catholic Church in Eldersburg will be hosting their second annual service day on January 21st from 9am to 2pm. All are welcome to participate and registration begins at 9am.

McDaniel College also hosts a service day entitled "Celebrating the Life and Dream of Dr. King". McDaniel's program is offered in conjunction with Carroll County Public Schools, Carroll Community College, the Ira & Mary Zepp Center for Nonviolence and Peace Education and the

Carroll County Chapter of the NAACP. The program is open to school age children between third and twelfth grades. Registration information has been provided through Carroll County Public Schools and can also be obtained from Ms. Patricia Levroney at 410-386-1680. McDaniel's program also begins at 9am and ends at 2pm. There is a \$7.75 fee for lunch.

To find other events close to you this coming January 21st, please visit the following website: <http://mlkday.gov/index.php>.

As the only national day of service, Martin Luther King Day gives Americans of all ages a chance to give back to their community through service to others.

Tyler Wagner



Chinese New Year

As the nation celebrates the beginning of the 2013 calendar year, our neighbors to the Far East are making final preparations for their celebration. The Chinese New Year does not begin until the 10th of February on our calendar. Once the date does arrive, however, the holiday will be marked with a 15 day celebration finishing with the famous Chinese Lantern Festival on the final day. The Chinese calendar will be moving into the 4710th year of existence, making 2013 look like a dwarf in stature. The New Year is arguably the most celebrated holiday for the Chinese culture and can be compared to our Christmas festivities here in the United States.

cont.

Commissioners' Meeting Minutes

Please follow this link to read the minutes of the Commissioner meetings:

<http://ccgovernment.carr.org/ccg/commiss/votes/>

CARROLL COUNTY

a great place to live, a great place to work, a great place to play!

Chinese New Year cont.

The Chinese New Year is not simply about the turning of the calendar. Rather, the celebration is the driving force for the Chinese astrological system. Each year is marked with the sign of one of twelve animals and is also given the title of a Yin or Yang year. The Yin or Yang determines whether it will be a positive or negative year. 2012 (or 4709 depending on which calendar you are looking at) was the year of the dragon and also a Yang (positive) year. 2013 will be the year of the snake accompanied by the Yin (negative) symbol. Any person born in this year can expect to grow up to be analytical, decisive, materialistic, a problem-solver, and laid-back in temperament. They will never struggle to find love, and will constantly attract others. A Snake will make the best partner with a Rooster, Ox, or Horse in that order. They will be completely incompatible with a Pig, Monkey, or Rabbit respectively.

The entire zodiac system is much more complicated than that, of course. One person can actually have multiple animals associated with their life. The year of birth, month of birth, day of birth, and actual hour of birth all have corresponding zodiac animals. In addition, each year is also denoted with a natural element: fire, wood, earth, metal, or water. The elements are rotated every two years, and we currently fall into a water period. Combining the animals, Yin-Yang, and the elements together create a unique symbol that will not be repeated for another 60 years. Therefore, 2013 (or 4710) will specifically be remembered as the year of the Yin Water Snake. This symbol last appeared in 1953 and will not show up again until 2073.

Celebrations for the Chinese New Year are held in several countries around the world that have a high Chinese population. Certain American cities will hold festivals for the New Year, especially those with "Chinatowns" or Chinese neighborhoods. The celebrations could be a fun and educational event for a family looking to learn about an ancient culture that may be vastly different from their own. Remember that each Chinese New Year symbol will only come once every 60 years, so missing one will have you waiting a long time to see it again! Let's hope that 2013 will be the best Yin Water Snake year that has ever occurred. Happy New Year!

Tyler Wagner

Board and Commission Openings

The Board of County Commissioners is looking for people who are interested in serving on the **Local Management Board, Planning and Zoning Commission, and Behavioral Health & Addiction Planning Board**. Anyone interested in serving on this or any board should complete the application available by following this link:

<http://ccgovernment.carr.org/ccg/commiss/boards/applicat.pdf>

and send the completed application along with a resume to:
Board of County Commissioners

Attn: Denise Hoover

225 N. Center Street, Room 300

Westminster, MD 21157

or by email to dhoover@ccg.carr.org



Carroll's Best

Focus on Risk Management & Loss Prevention

Carroll County government does many things very well and one of them is managing the risks inherent in running a large business. The county's Risk Management Office was recently recognized by the Local Government Insurance Trust (LGIT) for consistently taking advantage of training classes and seminars. By participating in these workshops, seminars, on-line training and hosting LGIT-sponsored training classes Carroll demonstrates its commitment to loss prevention and loss reduction through education.

LGIT said "With this outstanding effort, it is obvious that Carroll County understands the benefits and positive impact loss control and risk management training can provide. County attendance at training continues to benefit not only County staff and personnel, but the citizens of Carroll County and the community as a whole."

Through diligent risk management practices the county improves employee performance and productivity while making Carroll a safer place to work. These practices also save county residents money by limiting the county's losses and exposure to law suits of all kinds.

Congratulations to Cecilia Devilbiss, Risk Manager, and the entire risk management team for their continued outstanding performance on behalf of all of the citizens of Carroll County.

MEETINGS: Unless noted otherwise, meetings will be held in the County Office Building at 225 North Center Street, Westminster. All times are subject to change. Check the County's website or call 410-836-2400 as the date approaches to confirm date and time of the meeting.

Please follow this link to see all upcoming meetings. <http://ccgovernment.carr.org/ccg/commiss/calendar/Calendar.pdf>



Carroll County Recreation & Parks: January Events

Bear Branch Nature Center Programs



BEAR CUBS CLUB Thursday, Jan 10

Do you have a young explorer on your hands? If your little one loves nature, join us for one or all of this series of programs. Your child will learn about the natural world through hikes, games, and stories. Encourage your young naturalist with our Bear Cubs Club! Parent/guardian is required to attend.
Age: 3-5

TIME: 10:30-11:30am FEE: \$5/child

RAPTOR PHOTO SHOOT Saturday, January 12

Adults ONLY, 9-10am / Youth & Adults, 10-11am
Calling all photographers! Don't miss this chance to capture shots of our resident birds of prey in natural surroundings. Children under 12 must be accompanied by a paying adult. Parking available at BBNC and outside Hashawha gates. Meet at the Raptor Mews.
Age: all.
TIME: Choose above FEE: \$10

PLANETARIUM SHOW Saturday, Jan 19

Join the Westminster Astronomical Society for an evening under the dome. Learn about the stars and constellations of the night sky. Following the planetarium show, we invite you outside for a "star party" to observe the nighttime sights. Bring your own telescope or look through one of ours.

Age: 8-adult
TIME: 7:30-8:30pm FEE: \$5

ROCK-N-ROLL Saturday, January 19

Geology Rocks! Join us as we learn more about soil, rocks, and the role they play in our environment.
Age: 8-12
TIME: 1-2:30pm FEE: \$5



FULL WOLF MOON

Saturday, January 26

Once, long ago, wolf packs howled hungrily just outside Native American villages. Take a hike to explore the woods and discover how animals survive a long winter's night. Dress for the weather.
Age: 8-adult
TIME: 5:30-8:30am FEE: \$5

Piney Run Nature Center Programs

BLACK, WHITE, GREEN & BLUE - TAKE A LOOK AT WHAT'S AROUND YOU

Friday, January 18

Diversity is all around us. Let's take a look at what is around us – from the variety of living organisms from our trees, birds, squirrels, and more – we will explore how the variety of living organism in our environment has a useful purpose in nature.
Age: 3-7
TIME: 11am-12pm FEE: \$5



WONDERFUL WINTER ANIMAL SHOW Thursday, January 24

Many of our favorite critters are difficult or even impossible to see during the winter because they have migrated to warmer parts of the world or are hibernating until spring. Join us for an up-close and personal meet and greet with our resident animals. You will have a chance to meet a corn snake, box turtle, Madagascar hissing cockroaches, and American toad. Please bring your cameras for photos!
Age: 3-adult
TIME: 6:30-7:30pm FEE: \$7





New Year's Resolutions

That time of year has come around again. A new year, a new beginning, a chance to wipe the slate clean and start over. Many of us will make New Year's resolutions to drop a few pounds, pick up a new hobby, or to simply be a better person. A large majority of the resolutions will fail, however and for a multitude of reasons. Many times, a person is simply asking too much of themselves when they decide to set an exorbitant goal, such as losing 50 pounds within the next six months. Other people quickly decide on New Year's Eve what they want to change going forward without forming any plan of how to accomplish it. Then there are the groups who are influenced solely by peer pressure, desiring to change based off the needs of society instead of their own internal beliefs.

When we do indeed decide on a New Year's Resolution, the process of maintaining and achieving that goal are handled by our prefrontal cortex. This is the same portion of our brain that controls our level of focus, handles short-term memory, and also helps us solve problems. In many cases, a resolution falls on top of an already overloaded cortex resulting in failure. In fact, a study performed by the University of Bristol in 2007 indicated that 88% of New Year's resolutions do not succeed. The Wall Street Journal likens this to overuse of a muscle, eventually it will not be able to hold any longer.

Fear not though, even though an over whelming majority fail some still succeed. Other studies have shown males to be far more successful when they try to increment their resolution. For example, instead of just trying to lose those 50 pounds in 6 months, how about trying a pound per week? The constant success rate will keep your goal at the forefront of your mind. Women, on the other hand, are more likely to succeed if they make their goals public and receive help from friends on their way. Overall, setting goals as a group are a much more efficient route to achieving success. One person normally will not want to be perceived as the weak link and will, therefore, try much harder to accomplish the group's goal.

Regardless of what your goal may be, a New Year's Resolution should not be a life altering event. This puts too much pressure on the here and now, and ultimately will overwork your poor prefrontal cortex. Instead, shoot for a goal that is much more realistic. Once the realistic goal is achieved, then you may begin to build towards the tougher plateaus we seek in life. Happy New Year, and good luck with all of your resolutions, be they large or small!

Tyler Wagner



Stay in contact with County Government

County Government wants to connect with you. By following Carroll County through one of these outlets, you will know what's happening in your county office building.

Follow us on:

Twitter - @CarrollCoMd

Website - <http://ccgovernment.carr.org/ccg>

Flickr - <http://www.flickr.com/photos/carrollcountygov/>

YouTube <http://www.youtube.com/user/CarrollCountyGov>

County Government Channel 24 – programming schedule
<http://cablecast.cmcmd.tv/cablecast/public/Main.aspx?ChannelID=2>

“Like us on Facebook” with this link - <http://www.facebook.com/pages/Carroll-County-Government-Maryland/242700532491347>

Contact Your Commissioners

District 5: Doug Howard, President, dhoward@ccg.carr.org

District 3: Dave Roush, Vice President, droush@ccg.carr.org

District 2: Haven Shoemaker, Secretary, hshoemaker@ccg.carr.org

District 4: Richard Rothschild, rrothschild@ccg.carr.org

District 1: Robin Frazier, rfrazier@ccg.carr.org